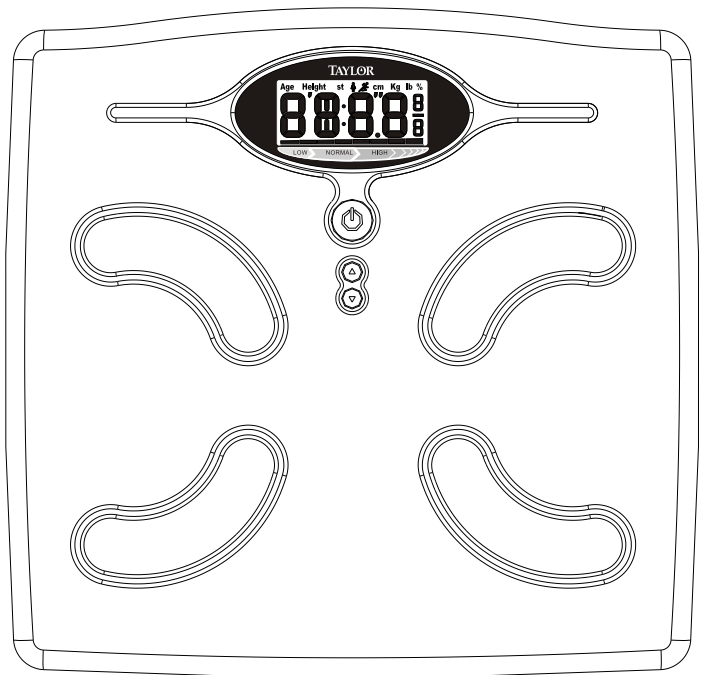


# TAYLOR

## Body Fat Analyzer and Scale



reading. The natural effects of aging or activity can make this skin hard. Take the reading with clean, slightly damp feet for best accuracy. **NOTE:** If you are having a problem operating this Analyzer please call 866-843-3905 from 7:30 am to 4:30 pm, Mountain Standard Time, Monday through Friday.

### Lifetime Warranty

This scale is warranted against defects in materials or workmanship for the life of the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.


Should this scale require service (or replacement at our option) while under warranty, please pack the item carefully and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

**Taylor Precision Products**  
**2220 Entrada Del Sol, Suite A**  
**Las Cruces, New Mexico 88001**  
**USA**

There are no expressed warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state. If service is required, do not return to retailer. For service call 1 (866) 843-3905 from 7:30 am to 4:30 pm, Mountain Standard Time, Monday through Friday. To assist us in serving you, please have the model number and date of purchase available.

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**Made to our exact specifications in China.**  
**Not for legal trade.**  
**www.taylorusa.com**

NOTE: If a memory already has data saved in it, a “” symbol appears in the lower corner of the LCD. You may use the steps listed above to save over the old data, or press up/down to move to an empty memory location.

### To Access and Use Memory Data:

- Press and hold (SET) button for 3 seconds while the power is off. The scale will enter Memory Recall mode.
- The last used memory number will appear on the LCD for 1 second. The data stored in that memory number will toggle on the screen. (If no data is stored, the default values will toggle on the screen.)
- Press (UP) / (DOWN) button to scroll to the desired memory number.
- When your memory number appears on the LCD, press (SET) to select. A “beep” will sound. Your data will toggle on the screen.
- Step on the scale with bare feet. Stand still while the scale measures your weight.
- Your weight will display for 2 seconds. Continue to stand still on the scale.
- The scale will start to measure body fat % and body water %. The LCD will show spinning zeroes (“0000”) while the scale computes.
- A “beep” sounds when measurement is complete. Remain on the scale. The body fat %, body water % and weight will appear in sequence 6 times each.
- The scale turns off automatically.

### To Clear Memory:

- Follow steps 1-3 in To Access and Use Memory Data.
- If the selected memory is occupied (indicated by a “” symbol in the lower corner of the LCD), press (SET) button to clear the data in the selected Memory.

### To Clear Memory (Cont)

NOTE: If you are having a problem operating this Analyzer please call 866-843-3905 from 7:30 am to 4:30 pm, Mountain Standard Time, Monday through Friday.

### General Information about Body Fat and Body Water

- Ideal body fat/body water content is not the same for all people. Age, sex, and heredity are variables in this measurement. Consult your physician to determine what levels are most ideal for you.

Male				Female			
Age	Low	Normal	High	Age	Low	Normal	High
06-12	<7	7.1-18	18.1>	06-12	<7	7.1-19	19.1>
13-19	<8	8.1-19	19.1>	13-19	<20	20.1-31	31.1>
20-39	<9	9.1-20	20.1>	20-39	<21	21.1-32	32.1>
40-59	<11	11.1-22	22.1>	40-59	<23	23.1-34	34.1>
60-99	<13	13.1-24	24.1>	60-99	<25	25.1-36	36.1>

- The optimal %TBW of an individual varies according to age and gender. The table as follows may be used as a guide:

### Body water healthy range percentages

	female	male	athlete	female	male
age 6-12	58-70	60-73	age 12-99	56-71	60-73
age 12-99	42-61	46-66			

- It is recommended to measure body fat, body water or weight at the same time period daily. **Please note that body fat contains some body water weight. Thus, body fat and body water percentages will not add up to 100%.**
- Use this product without clothing for best accuracy. Clothes can vary in weight and affect the percentage calculation.
- Feet must be bare and clean. For best readings they should also be slightly damp.

### Level of Hydration

This analyzer measures your weight, the electrical impedance between your feet, and combines those readings with the information you input (Height, Age, Gender, Normal/Athlete). It then automatically calculates your body fat and body water percentages. Your level of hydration (water content) varies throughout the day and affects your impedance measurement. If you are dehydrated, there is a

### Levels of Hydration (Cont)

greater chance for fluctuation in the body fat and body water percentage displayed by this analyzer than when you are fully hydrated.

For best results, choose a consistent time to use this analyzer, such as in the morning. By establishing the pattern of your body's fluctuation over a period of one month, you can determine your average level of body fat and body water. Women will have more fluctuation in water content than men and need to monitor their reading over a longer time period to establish a personal average. You must determine this as a reference point before measuring progress in a health program.

**You must wait several hours before taking a body fat reading when:** drinking coffee or alcohol, taking diuretic medications, or exercising. These all affect your level of hydration and the accuracy of this analyzer.

### Caution

BIA (Bioelectrical Impedance Analysis) method determines your body fat percentage by sending a harmless signal through the body. **Do not use this product if you have a pacemaker or other internal medical device. When in doubt, contact your physician.** This analyzer will give accurate body fat readings for a majority of people, but is not calibrated for use by the following groups:

- Children: Anyone under the age of 18 years
- Pregnant Women

### Specifications

- Uses BIA (Bioelectrical Impedance Analysis) to determine body fat and total body water percentage
- Uses high precision strain gauge technology to determine weight
- Weight Capacity: 350Lb or 160Kg or 25 St
- Weight Graduation: 0.2Lb or 0.1kg
- Body Fat and Body Water Graduation: 0.1% (in the range from 3% - 50%)
- Height Range: 2' 8" – 7' 3" (80 – 220cm)
- Age Range: 6-100 years
- Measures weight, body fat and body water simultaneously in about 10 seconds
- Weight-only feature with automatic step on
- Data can be stored for up to 4 individuals
- Athlete or Normal mode selection (not applicable for ages under 18)
- User selectable units of measure (lb), (kg), (st)
- Low battery indicator
- Auto-off function after 15 seconds of nonuse for power saving
- Operates on 4 AAA alkaline batteries (not included)

### Precautions

- OVERLOAD WARNING:** the maximum weight capacity of this scale is 350 lbs / 160 kgs / 25 st. Remove the weight immediately when the scale displays “Err2”; otherwise, permanent damage to the scale will occur.
- The product is intended for home / consumer use only; it is not intended for professional use in hospitals or medical facilities.
- Do not disassemble the product. Other than replacing the batteries, it contains no user serviceable parts.
- Clean after use with a lightly dampened cloth. Do not use solvents or immerse the product in water.
- Your scale contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick, or jump on it. Treat it with care to ensure the best performance.
- Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store the scale on its side.
- This scale is a sensitive weighing device. To prevent run down of the battery, do not store anything on the scale.
- Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.

### Trouble Shooting

- You must have bare feet to make this measurement. To get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale.
- Display Err0 Initialization error. To correct, step off the scale. Press on the platform. The display will show “----”, then “0000”, and turn off. Repeat measurement.
- Display Err1 Instability error. Step off and back onto the scale, standing still while your weight computes.
- Display Err2 Overload Warning. The maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise, permanent damage to the scale will occur.
- Display Err3 Body fat percentage is beyond the range. Do not wear shoes or socks during measurement. Cleaning bottom of bare feet with a damp cloth and leaving them slightly damp may help to improve the contact. Repeat measurement.
- Display Err4 Body water percentage is beyond the range. Cleaning bottom of feet with a damp cloth and leaving them slightly damp may help to improve the contact. Repeat measurement.
- The condition of the skin on the bottom of your feet can affect the

Thank you for purchasing a Taylor® Precision Product. Your Taylor® Body Fat Analyzer and Scale is an example of superior design and craftsmanship. Please read this instruction manual carefully before use. Keep these instructions handy for future reference.

**How Taylor's Body Fat Analyzer and Scale Works:** This instrument uses BIA (Bioelectrical Impedance Analysis). BIA is one of the most accurate methods of measuring body fat. It simply sends a harmless signal through the fat and muscle in your body. This method calculates both your personal weight and body fat simultaneously, thus giving you a more accurate reading of your overall health and fitness.

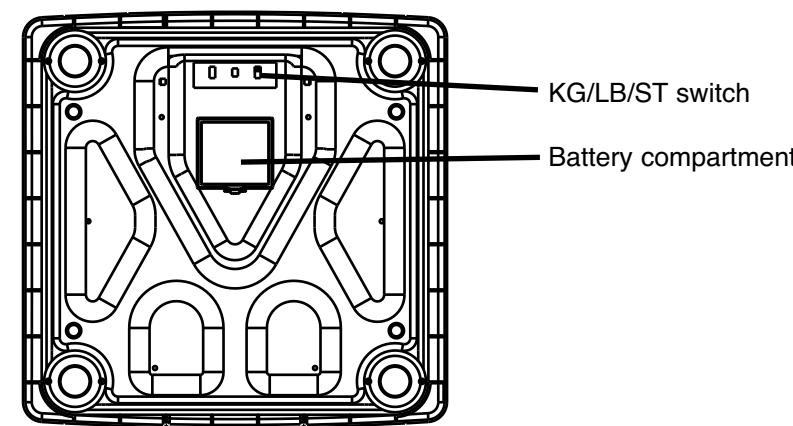
**NOTE:** This instrument is a personal monitor and should be used in a consistent manner for the most accurate reading. While readings might vary between this analyzer and other methods of measurement (hydrodensitometry or hand held calipers), your **changes** in body fat percentage shown by this instrument will be reflected accurately. While this analyzer will work accurately as a scale for anyone and give accurate body fat readings for a majority of people, it is not calibrated for use by pregnant women or children under the age of 18. (See Caution)

**Why is the Athlete Mode necessary in a Body Fat Analyzer?** It has been found that body fat estimation using BIA could overestimate the percentage body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference. The Athlete mode is selectable only for adults of 18 years of age or older.

**What is the definition of an Athlete?** The general consensus among researchers is that a quantitative dimension could be used to define an athlete. In Taylor's products, an athlete is considered a person who does 10 hours or more per week of aerobic activity and has a resting heart rate of 60 beats per minute. These individuals should select Athlete Mode for the most accurate results. Taylor scales are not calibrated for professional athletes or body builders.

## Description of Parts

Fig. 1

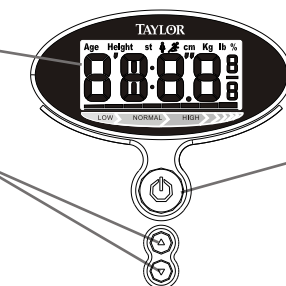


KG/LB/ST switch

Battery compartment

Fig. 2

Display (LCD)



**Up/Down arrows** - Change values of Height and Age; toggle between Male/Female icons and Normal/Athlete mode in BFA function.

Select Memory in Memory mode & Recall mode.

**Set** - Turn scale on or off.

Confirm button for BFA function, toggles between Height, Age, Gender, & Normal/Athlete parameters.

Recalls the 4 parameters (Height, Age, Gender, & Normal/Athlete) from the 4 user memories.

## Battery Information and First Time Setup

- Some models have a static cling label on the lens to prevent scratching. Please remove before use.
- This scale operates on 4 AAA alkaline batteries. Note: some models may include batteries. Remove any plastic wrap from the batteries before proceeding.
- Open the Battery Compartment Cover on the bottom of the scale (Fig 1).
- Place the batteries into the battery compartment as indicated by the polarity symbols marked in the compartment.
- Replace the Battery Compartment Cover.
- The scale needs to be initialized before first use or after battery replacement.** Press lightly on the scale platform. The display will show "----", then "0000" and automatically turn off. Your scale is now ready for use.
- Replace the batteries when "Lo" is displayed.
- Remove the batteries if the product will not be used for a long time.

**IMPORTANT:** The scale needs to be initialized after battery installation. The scale may also need to be initialized if it is moved or bumped. **At all other times, you may step directly on the scale for a weight reading.**

To initialize the scale, simply press lightly on the scale platform. The display will show "----", then "0000", and automatically turn off. Your scale is now ready for use.

## WEIGHT ONLY OPERATION

Your Taylor® Body Fat Scale will operate as a basic weight-reading scale. **No special programming steps are required.**

Once the scale is initialized, as previously described, you may simply step on the scale to obtain your current weight. Please read the following section for additional directions regarding weight-only operation.

- Your scale has been set at the factory to measure in pounds and inches (lb). On the bottom of the scale, there is a slide switch that can change the measurement units to kilograms/centimeters or stone/inches (Fig 1). If you wish to change the measurement units, move the switch to (kg) or (st). Note: When you utilize the body fat and body water measurement functions, you will be asked to input your height. For LB and ST units, your height data will be in inches. For KG, it will be in centimeters.
- Place the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
- Step onto the scale platform and remain still. The scale will show a moving "----" pattern while it computes your weight.
- Your weight will appear on the display (LCD).
- The scale will automatically turn off.

## BODY FAT AND BODY WATER MEASURING OPERATION

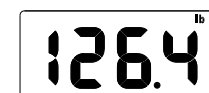
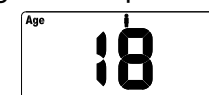
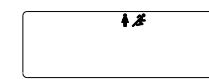
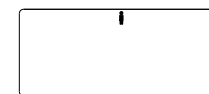
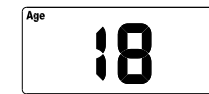
In order to measure body fat/body water, you must first enter your height, age, and gender. The analyzer uses these factors for body fat and body water calculations. This analyzer also has an athlete mode option, which uses additional software to calculate more accurate results for highly fit individuals. Onscreen prompts will lead you through programming your personal information into the analyzer. The analyzer will then use this data to compute your body fat/body water percentages. Your data may be stored into memory for future use, thus eliminating the need to enter your personal information before each reading (see the next section about "Memory Functions").

To initialize the scale, simply press lightly on the scale platform. The display will show "----", then "0000", and automatically turn off. Your scale is now ready for use.

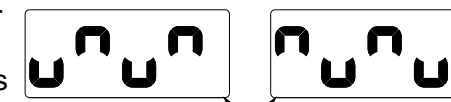
**IMPORTANT:** The scale needs to be initialized after battery installation. The scale may also need to be initialized if it is moved or bumped. **At all other times, you may directly proceed with the following instructions for programming your personal data into the scale.**

To initialize the scale, simply press lightly on the scale platform. The display will show "----", then "0000", and automatically turn off. Your scale is now ready for use.

- You must have bare feet to use the body fat analyzer function. Remove your shoes and socks now, before proceeding with Step 2. To get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale. You have approximately 15 seconds to step on the scale in Step 11 before it automatically shuts-off to conserve the battery.
- Press (SET) button to turn on the scale and enter Body Fat Analyzer mode. The height digits blink.
- Press (UP) / (DOWN) button to increase / decrease the height value.
- Press (SET) button to confirm displayed height. The age figure blinks.
- Press (UP) / (DOWN) button to increase / decrease the age value.
- Press (SET) button to confirm displayed age. Then gender icons blink.
- Press (UP) / (DOWN) button to toggle between the male (♂) and female (♀) icons.
- Press (SET) button to confirm your gender.
- Press (UP) / (DOWN) button to toggle between athlete mode (running man icon on screen) and normal mode (no icon on the screen). NOTE: This selection is only available to those aged 18 or older. For ages 17 or under, this step is automatically bypassed. (See "Why the Athlete Mode is Necessary in a Body Fat Analyzer.")
- Press (SET) button to confirm all the program settings. A "beep" will sound. The height and age numbers will toggle back and forth in 1 second intervals.
- Step on the scale with bare feet. Stand still while the unit measures your weight. The display will show a moving dash pattern while computing.
- Your weight will display for 2 seconds. Continue to stand still on the scale.



13. Then the scale will start to measure body fat and body water. The display will show a spinning zeroes pattern ("0000") while computing.



14. A beep tone sounds when the measurement is complete. Stay on the scale. The body fat %, water %, and weight will appear in sequence 6 times each.



15. At the same time, the Taylor "Body Fat/Body Water Display Graph" appears at the bottom of the LCD screen. This graph ranks your general condition: Low, Normal, or High. See the section "General Information about Body Fat and Body Water" for recommended levels.

16. The scale will turn off automatically.

17. NOTE: You have approximately 15 seconds to complete each programming step. If no buttons are pressed within 15 seconds, the scale will turn off automatically to conserve battery power. If this occurs, simply repeat the programming steps above.

## MEMORY FUNCTIONS

This scale has 4 personal memory settings. You may save your height, age, gender, and normal/athlete selections into one of these memories. Once your personal data has been stored into memory, you may take a reading simply by accessing your memory number and stepping on the scale. Please see the next two sections entitled "To Store Data into Memory" and "To Access and Use Memory Data".

### To Store Data into Memory:

- Follow steps 1-10 in Body Fat and Measuring Operation. A beep sounds in Step 10, after you enter your personal data.
- Press (UP) / (DOWN) button to select a memory (1 - 4). The memory number appears on the screen.
- Press (SET) to enter your data into the selected memory number. A "beep" will sound. Your height, age, gender and normal/athlete values are saved in that memory number (1 - 4).
- You may step on the scale for a measurement at this time. Otherwise, the scale will turn off automatically. Your data remains saved in memory.

